



Positive Living e-newsletter

August 2011



Renovations are underway

Harbourside renovations

The Forum is dedicated to meeting the needs of its members

Members of The Forum are not the only ones working hard to look good.

Renovations have begun at Harbourside and are expected to be completed in October, in time for our 5th birthday.

The renovations include a reconfiguration of the Harbourside facility to provide members with brand new, state-of-the-art equipment and additional floor space for extra training areas. The \$900,000 investment also includes climate control provisions such as air-conditioning in the changerooms and child-minding as well as extra fans for member comfort in extreme temperatures.

During the renovations there will be

minimal impact to members. To ensure a world class finish is achieved, it is expected that the Centre will close its doors during October for up to 14 days. We will give you more information on the closure period once the dates have been confirmed. During the closure period members will be able to use The Forum University facilities at no extra charge or can choose to activate a **timestop** on their membership.

Keep your eye out for **more details** and **updates** throughout the construction process.

[Click here to find out what's on at The Forum](#)



Get social with The Forum

We have joined the social networking phenomenon

A recent survey conducted by The Forum reported 93% of our members are using Facebook – so we thought we'd join in the fun, and not just on Facebook.

The Forum now has a **Facebook** page, **Twitter** account and a **blog** page. We have even embraced video technology, with our very own **YouTube channel**.

The Forum's social networking presence allows us to better communicate with our members and the wider community.

So spread the networking word and help us reach our first social networking target of 500 Facebook fans!

Why not write us a review on **Truelocal** and spread the word.

[Click here to find out about](#)

[membership options at The Forum](#)



Trekking the Kokoda trail

How did members of The Forum tackle one of the world's most challenging treks?

Melanie Owens was one of 13 members of The Forum who recently tackled the gruelling Kokoda Trail with the support and watchful eye of The Forum's trainer, Tony Cleva.

After completing the 90 kilometre trail through the Owen Stanley Ranges, Melanie credits the groups' success to cross-training using The Forum's RPM and Body Pump classes as well as regular runs and bush bashing.

"It was the difference between waking up every day and wanting to put your boots back on and go again, or struggling into camp every night and not getting the most out of the experience," Melanie said.

"The experience left me with a greater appreciation of what the ANZAC's endured during the war. I started the quest as a challenge to myself to think 'if I can do Kokoda, I can do anything'. Not only did I leave with this attitude, but I also left with an emotional connection for our Australian men who fought for us and a deeper appreciation of other cultures.

"There are no words to describe the emotion of the journey and feeling of completion and accomplishment at the end. You will just have to try it for yourself," she said.

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Sports Awards

Sporting excellence to be honoured

The University's Sports Awards will be held this coming Friday to honour sporting excellence.

The event is significant in the region's sporting and University calendar with the awarding of the prestigious University Blues and Colours, the Sports Club and Sports Person of the Year. This year NBN Television's Mitchell Hughes will be the MC and there will be a special performance by the University of Newcastle Seniors Choir.

The event is proudly supported by long-term partners of NUsport and The Forum, engineroom design co, The Herald, Broadley Signs, NCP Printing and NBN Television.

[Click here to find out about our sporting competitions](#)



More activity in the Honeysuckle precinct

The brand new Newcastle Museum has opened

The Forum Harbourside, located in the Honeysuckle precinct, is set amongst some of Newcastle's best scenery, restaurants and bars. Adding to Honeysuckle's vibrant life is the recent opening of the Newcastle Museum. The attraction is a welcome addition to the Honeysuckle precinct, providing another

excuse to spend time in the area.

After your next work-out, why not grab a bite and a coffee at the museum's new café and take a tour through Newcastle's brand new icon.

[Click here to find out about The Forum's facilities](#)

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